

**ABSTRACT OF THE DISCLOSURE**

An adjustable in height armrest comprises a tubular armrest column and a tubular armrest carrier  
5 telescopes on the armrest column. An arm support is secured to the top of the armrest carrier. The armrest column is releasably lockable at various heights and angles using a releasable locking system. The releasable locking system includes two locking members carried by  
10 the armrest carrier and lockable with the armrest column spring biased lock release member is slidable on the armrest carrier and moves between a locked position and a release position against the spring bias. In the release position the locking members are free to move outwardly  
15 allowing movement of the armrest carrier and the armrest column for both height and angular adjustment thereof.